



Fresh Herb Salsa

- 3 tomatoes--chopped
- 1 Pepper – green or red--finely chopped
- 1 medium sweet onion --finely chopped
- 2 cloves garlic --chopped
- 1 cayenne pepper -- finely chopped
- 2 tbsp. Apple Cider Vinegar
- 2 tbsp Honey
- 1 tsp salt
- ¼ cup fresh cilantro--chopped
- ¼ cup fruit jam of Choice
- 1 lime, juiced or squeezed
- Chives—fresh chopped- to taste
- ¼ cup tomato paste

Combine all the above ingredients. You may process in food processor, or with a hand stick blender for desired consistency.

Fresh Herb Salsa is a perfect topper for:

- warm brown rice, add beans and cheese for a complete meal
- baked potato
- salads
- pizza

Herbed Butter

- 1 cup butter—softened
- 1/8 cup parsley—fresh finely chopped
- 1 clove garlic—minced
- 2 tsp. Italian seasoning
- ½ tsp. Red pepper flakes—crushed

Combine all ingredients. Store in refrigerator.

Herbed Butter perfect for:

- Baste on baked chicken or turkey
- Baked potato
- Grilled corn
- Sauté your favorite vegetables

Garlic Knots

Prepare a batch of pizza dough (page 50 in *Healthy Treasures* cookbook or the Whole Wheat Honey Bread page 45)

- 8 cloves garlic--chopped fine
- ¼ cup olive oil
- ¼ cup basil --chopped fine
- 1/8 cup rosemary leaves--chopped fine
- 1/8 cup oregano --chopped fine
- ½ tsp salt
- Romano or Parmesan Cheese--grated



When dough is ready, place approx. 1 tsp sized pieces on baking sheet. Bake in 350° oven for about 10 minutes (before browned). In a large bowl pour in olive oil, add chopped garlic, basil, and all other herbs, salt and cheese.

Stir with whisk.

Toss in the baked dough balls to fully coat. Serve warm.

These Garlic Knots are perfect for almost any meal. Your kids will love them.

Rosemary Butter Cookies

- 1 cup (2 sticks) butter, softened
- ¼ cup honey crystals
- 1 egg AND 1 beaten egg white
- 1 tsp pure vanilla extract
- 2½ cup soft white pastry flour
- 1 tbsp finely chopped fresh rosemary
- 1 tsp salt
- 1 tsp. baking soda
- ½ cup powdered honey crystals or sucanat with honey (use a blender to make into a fine powder)

Put butter and sucanat in an electric mixer bowl fitted with paddle. Beat on medium speed until pale and fluffy (about 2 minutes). Mix in whole egg and vanilla. Reduce speed



to low. Add rosemary, flour baking soda and salt. Mix until combined.

Half dough and shape each into a log. Wrap in parchment or wax paper and freeze until firm (about 1 hour).

Preheat oven to 375°.

Brush each log with beaten egg white then roll in powdered sucanat. Cut into ¼ inch rounds. Space 1 inch apart on baking sheets. Bake 18-20 minutes.

Combine these cookies with the Rosemary Punch Tea for a delightful treat.

Perfect for bridal showers and Valentines Day.

Substitute crushed Lavender leaves for a surprising taste.

Rosemary Punch Tea

1 cup Rosemary leaves

2 cups water

1 bottle Ginger Ale or healthy alternative

1 can Pineapple Juice

4 stevia leaves

¼ cup ginger—freshly grated

4 mint leaves to taste

4 catmint leaves to taste

1 tbsp honey

Boil the 2 cups of water. Add the rosemary leaves, ginger, stevia, honey, mint and catmint leaves. Let steep 30 minutes. Add the ginger ale and pineapple juice.
